



Simple Oat and Date Milk

A quick & simple oat recipe, perfect for breakfast or snack. This simple oat and date milk recipe provides a really fast way to improve your overall health.

Credits: Ceri, Zenxin master chef

Key facts

Preparation: Overnight + 2 mins

Cooking time: 0 mins

Total: Overnight + 2 mins

Serves: 6

Ingredients

- 1 cup **rolled oats** (soaked overnight)
- 1 cup **filtered water**
- 8 **dates**
- 1 litre **filtered water** or a good mineral water like Volvic or Fiji

Method

1. Soak 1 cup of oats overnight with 1 cup of water, pour off any excess in the morning
2. Place the soaked oats, 8 dates and 1 litre of water in a blender and whizz till smooth. * If using, Thermomix, speed 10 for 2 mins.
3. Enjoy your cup of nourishing boost!